

Help Keep You and Others Safe

The CDC now recommends everyone wear cloth masks in public. Here are some dos and don'ts regarding cloth masks to help keep you and others safe.

DO

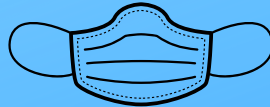
Do wear a mask when running essential errands.



Do practice social distancing in public, even with the mask on.



Do take the mask off by the ear elastic when you get home and wash the mask as soon as possible.



Do wash your hands for 20 seconds after removing the mask and on a regular basis.



DON'T

Don't share masks with others in your household without washing them first.



Don't place a cloth mask on a child younger than age 2.



Don't take the mask off by grabbing the center fabric near your mouth and nose.



Don't touch the mask without washing your hands.



www.cdc.gov

www.hillsboroughnc.gov